



Double Ginger Cookies

 Vegetarian

READY IN



35 min.

SERVINGS



40

CALORIES



96 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 2.5 ounces candied ginger coarsely chopped
- 1 cup brown sugar dark packed
- 1 eggs at room temperature
- 2.3 cups flour all-purpose
- 0.5 teaspoon ground allspice
- 0.5 teaspoon ground cinnamon
- 1 tablespoon ground ginger

- 0.3 cup blackstrap molasses
- 0.3 cup raisins
- 1 teaspoon salt fine
- 0.8 cup butter unsalted cooled melted ()

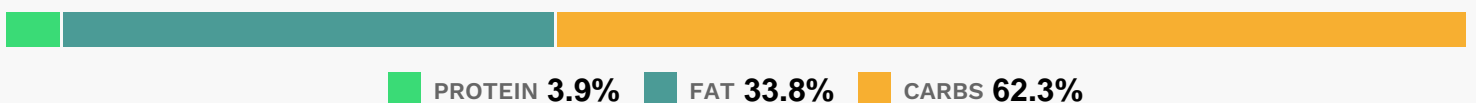
Equipment

- bowl
- baking sheet
- baking paper
- oven
- wire rack

Directions

- Watch how to make this recipe.
- Place an oven rack in the center of the oven. Preheat the oven to 350 degrees F. Line two baking sheets with parchment paper or silicon baking mats.
- In a medium bowl, mix together the flour, sugar, ginger, baking soda, allspice, cinnamon and salt. Stir in the candied ginger and raisins. Set aside.
- In a large bowl, beat together the melted butter, molasses and egg. Gradually stir the flour mixture into the molasses mixture.
- Drop a heaped tablespoon of dough per cookie onto the prepared baking sheets, placing each about 1 inch apart.
- Bake for 7 to 9 minutes. Allow the cookies to cool on the baking sheet for 10 minutes until they have set.
- Transfer to a wire rack and cool completely. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:4.95, Glycemic Load:5.19, Inflammation Score:-1, Nutrition Score:1.9247826068946%

Nutrients (% of daily need)

Calories: 95.65kcal (4.78%), Fat: 3.64g (5.6%), Saturated Fat: 2.24g (13.99%), Carbohydrates: 15.1g (5.03%), Net Carbohydrates: 14.82g (5.39%), Sugar: 8.81g (9.78%), Cholesterol: 13.24mg (4.41%), Sodium: 90.82mg (3.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.89%), Manganese: 0.14mg (7.21%), Selenium: 3.41µg (4.87%), Vitamin B1: 0.06mg (3.87%), Folate: 13.62µg (3.41%), Iron: 0.57mg (3.17%), Vitamin B2: 0.04mg (2.54%), Magnesium: 9.64mg (2.41%), Vitamin B3: 0.47mg (2.37%), Vitamin A: 112.55IU (2.25%), Potassium: 67.89mg (1.94%), Copper: 0.03mg (1.57%), Vitamin B6: 0.03mg (1.44%), Calcium: 13.86mg (1.39%), Phosphorus: 12.82mg (1.28%), Fiber: 0.29g (1.15%)